

**NEW OCTOBER 2013 MEETING OF THE MINDS SHOW ON-AIR NOW**  
**By Karen Zarsadiaz-Ige, Public Information Officer II**



A new episode of the 10-minute monthly Los Angeles County Department of Mental Health's (LACDMH) *Meeting of the Minds* show is available for viewing on the department's website, Facebook page and YouTube channel. To view it from your personal computer at home, search for "LACDMH PIO" on Facebook and YouTube. *Meeting of the Minds* is also broadcast on the LA County Channel, available through your local Los Angeles area cable provider.

Funded by the voter-passed Mental Health Services Act (MHSA), the monthly show informs residents about the latest news related to mental health and LACDMH. The show features three segments: News, Message from the LACDMH Director (Marvin J. Southard, D.S.W.) and Walk the Talk.

The news segment features the latest mental health-related information and stories. In this month's Message from the Director segment, Dr. Southard will talk about the integration of spirituality into the mental health treatment so clients can seek that option, if that's what's they prefer. This month's final segment, Walk the Talk, is a one-on-one discussion with Tara Christian. Christian openly discusses her personal journey of hope, wellness and recovery. After she was suicidal and hospitalized, she moved to California from Washington, D.C. and was finally diagnosed with a mental illness which led her to get the help that she needed to recover. Now working for the San Fernando Valley Community Mental Health Center, Inc., she helps others achieve the same recovery and success that she has.

As part of LACDMH's anti-stigma and social inclusion campaign, *Meeting of the Minds* reinforces the Department's mission of *Hope, Wellness and Recovery*.

Archived shows of *Meeting of the Minds* will be available on the LACDMH website as well as on the LACDMH Facebook and YouTube pages.

